

Cucumber, Avocado, Scallion and Lime Salad

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Servings: 6

3 cucumbers

3 ripe Hass avocados

1/4 cup chopped scallions, green and white parts

juice of two limes

1/4 cup extra-virgin olive oil

salt

freshly cracked peppercorns

Peel the cucumbers. Slice them lengthwise and scoop out the seeds. Slice and place in a ceramic or glass bowl.

Scoop out the avocados and add to the bowl.

Add the scallions, lime juice and olive oil.

Toss to combine.

Add salt and pepper.

Serve immediately.

Per Serving (excluding unknown items): 100 Calories; 9g Fat (78.9% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 Vegetable; 2 Fat.